





There's one thing you
won't get from
the flu shot...



THE FLU

You can't get the
flu from the flu shot.



YOU NEED A FLU SHOT EVERY YEAR

The virus that causes flu changes every year. Each year, a new vaccine is developed to protect against these different strains.



THE FLU CAN BE DEADLY

The flu can be a very serious illness for people over age 65, and for people of any age who have chronic health conditions. Approximately 36,000 people die each year from the flu, and most of these deaths are preventable.



GET YOUR FLU SHOT IN THE FALL

The best time to get a flu shot is in the fall, before the flu season begins. The Centers for Disease Control and Prevention (CDC) recommends an annual flu shot for everyone six months of age and older.



WHY NOT GET OTHER VACCINES WHEN RECEIVING YOUR FLU SHOT?

If you have a chronic disease or other risk factors you should speak to your health care provider to find out which vaccines you need.



GET THE FLU SHOT, NOT THE FLU

You can get your flu shot at a variety of locations, including your local county health department or private physician.



This material was produced by
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